

École Seaforth Elementary School

Spirit Day

April 26, 2013

A School and Community Conference

Primary Student (K-3) Workshops

We are grateful to the following people and groups for sharing their time and expertise to make Spirit Day possible for our students:

Ms. Catherine Dumaine, Fibre Artist

GardenWorks Burnaby

Dancin' Stars School of the Performing Arts

Burnaby Mountain High School Enviro Club - Amna Liaqat & Adalia Yang

Shark Truth

Wildlife Rescue Association of BC

Eagle Creek Streamkeepers

Health Canada

Let's Talk Science SFU

Miss Gina Leong

Destination Imagination

Pacific Assistance Dogs

Mr. Anil Khanna

City of Burnaby Eco Sculpture Department

BC Chicken Growers Association

Continued....

France's Sewing School
Vancouver White Caps
Burnaby Mountain Karate
Associated Engineering - Summit Environmental
Fortis BC
Environment Canada
Mr. Peter O'Shea
Mrs. Paulina Chow-White & Mr. Peter Chow-White
Mrs. Jean Yuen
Mrs. Birdie Chan
Mrs. Laura Thomsen & Mr. Phil Thomsen (A Danish's Touch)
Mrs. Nashifa Rashid & Mrs. Michelle Sherwood
Mrs. Lynne Vidler, Mr. Brian Vidler & Mrs. Anne Delyiannides
Ms. Tazumi & Mrs. Graham
Mrs. Glavas, Mrs. Hanson & Mrs. Robson
Mrs. Bastone & Mrs. Kaga
M. March
Mme Richter
Mrs. Boulanger
Mrs. Moore & Mr. Lapthorne
Mlle Gayton

Your 2013 Spirit Day Committee

Mary Holmes

Don Liu

Phyllis Low

Eliza Lum

Jennifer Mezei

Francis Narayan

Dal Sidhu

Zahra Somani

Gail Su

SEAFORTH SPIRIT DAY

Friday April 26, 2013

Primary Workshop Program

Dear Parents and Students,

On the following pages you will find our workshop offerings for Spirit Day 2013. We are excited about our Environmental Theme and have some wonderful workshops for you this year, and we are looking forward to another great Spirit Day.

We have produced two catalogs: one each for Primary and Intermediate Students. This is the PRIMARY STUDENT Catalog, which contains listings and descriptions of all workshops that primary students are eligible to attend.

For the purposes of this program, Primary Students are those in Grades K-3.

The numbers in parenthesis are the number of available spaces in each workshop. We will make every effort to place you in the workshops of your choice - please be sure to mark your first, second, third and fourth choices on your form.

There are some workshops that are open only to students in specific grades, these exceptions are highlighted in **yellow**.

Some workshops ask that you bring or wear something on Spirit Day, those are noted in **RED**. Please try to remember what you need to bring, as no reminders will be sent home.

Have fun choosing your workshops.

Remember, your completed form is due back to school by **MARCH 28th**.

Seaforth Spirit Day Sign-Up

Dear Students and Parents:

The Seaforth Spirit Day Program for Friday April 26, 2013 is now complete. The catalogue of workshops will be also available online at the PAC website: www.seaforthpac.net . If you need to consult a printed copy of the program, one will be available at the counter of the school office.

Please return your completed forms by Thursday March 28th to the school. As workshops fill up quickly, it is very important that students not only list their top preference for each session, but also list **3 alternatives for each session**.

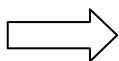
The schedule for Spirit Day is as follows:

9:00am	Opening & Attendance
9:15 – 10:15am	Session A
10:15 – 10:45am	Recess Break
10:45 – 11:45am	Session B
11:45 – 12:45pm	Lunch Break
12:45pm	Attendance in Home Rooms
1:00 – 2:00pm	Session C
2:15pm	Students Dismissed from Home Rooms

When selecting sessions with your child, please note the following:

- The letter preceding the session number indicates the time of the session.
- There are separate Primary and Intermediate catalogues. Please ensure you select courses only from the catalogue for your child's age group. Some sessions have indicated special age groupings and these exceptions are noted in the session description.
- The number in parenthesis indicates the maximum number of students allowed in the session.

Please return the bottom of this form by Thursday March 28th. Please list session numbers only.



Student Name:					Div:					Grade:						
	1 st Choice				2 nd Choice				3 rd Choice				4 th Choice			
Session A																
Session B																
Session C																

Session A: 9:15 - 10:15am

A1-O Collaborative Woven Sail for Parade Float (18) Catherine Dumaine

You will learn the basics of weaving, and use your new skills to help weave a sail for a shipwreck which will be featured on a float created in partnership with the City of Burnaby. Strips of fabric will be woven into a frame loom to create this piece. Students will also be invited to write an environmental message on their fabric.

*****Please bring a pencil/pen and coloring supplies*****

A3-O Repurposing Containers as Planters (20) GardenWorks, Burnaby

Wondering what to do with that old yogurt container, or margarine tub? Got an old box or shoe lying around? Bring in something that you would normally dispose of and give it a new life...as a planter! Almost any container will do. Please limit the size to that of an ice cream tub.

*****Bring a pencil and an old container to repurpose as a planter*****

A4-P Enviro-Dancing (30) Dancin' Stars School of the Performing Arts

If you sign up for this workshop, you will learn some basic modern dance moves. Put them together, add some music and you have an "Enviro-Dance"!

*****Gym attire is recommended*****

A5-P Bird Bonanza (7) Burnaby Mountain High School Environment Club (Adalia Yang & Amna Liaqat)

We will teach you about birds and their habitats. Then you will build a bird feeder out of a recycled container, and paint and decorate it.

*****Please bring a clean empty Milk Carton, 2L Pop Bottle, or Water Bottle*****

A8-P A Day in the Life of a Wildlife Rescuer (35) Wildlife Rescue Association of BC

Take a virtual tour of our Wildlife Hospital, touch and feel real animal wings, pelts and nests and learn how we can all do our part to help wildlife around us.

A10-P Outdoor Safety (10)

Health Canada

Learn how to stay safe outdoors when participating in various outdoor sports and activities. You will also learn to spot environmental hazards. There will be a special appearance by our mascot, Radar the Dog.

A11-P BUGS - The ones you can't see! (20)

Let's Talk Science - SFU

Bacteria and viruses are all around us. Learn how they can infect you and the proper handwashing techniques to stop them in their tracks. Then...make a bacteria pillow!

A14-P Environmental Pictionary (20)

Mrs. Glavas, Mrs. Hanson & Mrs. Robson

Do you like to draw? Do you like to play games? Join our session for an environmentally themed version of the popular game Pictionary!

A17-P Basketball (12)

Paulina and Peter Chow-White

Learn the fundamentals of basketball and athletic literacy. This one-hour session will teach you the basics of passing, shooting, dribbling. Show off your new skills in a mini game, if time permits.

*****Gym attire is recommended*****

A18-P We Speak for the Trees "The Lorax" (15)

Mrs. Bastone & Mrs. Kaga

Lorax craftivities that remind us : "Unless someone like you cares a whole awful lot nothing is going to get better. It's not"

A21-P Cardmaking (18)

Birdie Chan

We will be making 3 cards. One of them will be a flip card. We will use butterflies, flowers, ribbon and more to make 3 cards for any occasion.

*****Please bring Scissors & Glue*****

A22-P Recycling Old Stuff into New (6)

Laura & Phil Thomsen

We will use a bit of elbow grease and paint to create a cool wooden project!

*****Wear an old shirt or smock*****

A24-P Get to Know your Wild Neighbours - POP UP CARDS (15)

Mme. Richter

Connect, create and celebrate while learning about nature. This workshop invites you to create original pop-up cards inspired by nature.

*****Please bring Scissors and Pencil Crayons*****

A27-O Assistance Dogs in your Community (30)

Pacific Assistance Dogs (PADS)

You will be introduced to the world of Pacific Assistance Dogs. We will give an overview of our organization, its service to physically challenged people, and how we train our dogs from puppies and advanced kennel dogs to full service dogs. Come learn about this organization and meet some hard working dogs.

A33-P Poultry in Motion (60)

BC Chicken Growers Association

Come learn about the life cycle of chickens and visit a mini barn with days old baby chicks as well as full grown chickens. Watch a short film to learn even more and do some fun activities as well.

*****Please bring a pencil or pen & coloring supplies*****

A38-P Waste Management & the Environment (25)

**Associated Engineering
& Summit Environmental**

Come learn what happens when we dispose of waste products, their effect on the environment and how you can help.

A40-P Freshwater Quality (25)

Environment Canada

Our Benthic Invertebrate Identification workshop will teach you how to identify various aquatic bugs. Meet some bugs and help us build a fun (and a bit messy!) demonstration to show the effects of pollution on our rivers.

Session B: 10:45 - 11:45am

B1-O Collaborative Woven Sail for Parade Float (18)

Catherine Dumaine

You will learn the basics of weaving, and use your new skills to help weave a sail for a shipwreck which will be featured on a float created in partnership with the City of Burnaby. Strips of fabric will be woven into a frame loom to create this piece. Students will also be invited to write an environmental message on their fabric.

*****Please bring Pen/Pencil & Coloring Supplies*****

B2-P Planting Seeds to Start your own Garden (20)

GardenWorks, Burnaby

Find out what a seed is, look at a bunch of different seeds to see their different sizes and shapes. Learn what you need to do to make yours grow. Plant up some seeds to take home and grow!

*****Please bring a pencil*****

B4-P Enviro-Dancing (30)

Dancin' Stars School of the Performing Arts

If you sign up for this workshop, you will learn some basic modern dance moves. Put them together, add some music and you have an "Enviro-Dance"!

*****Gym attire is recommended*****

B5-P Bird Bonanza (7)

Burnaby Mountain High School Environment Club

(Adalia Yang & Amna Liaqat)

We will teach you about birds and their habitats. Then you will build a bird feeder out of a recycled container, and paint and decorate it.

*****Please bring a clean empty Milk Carton, 2L Pop Bottle, or Water Bottle*****

B10-P Outdoor Safety (10)

Health Canada

Learn how to stay safe outdoors when participating in various outdoor sports and activities. You will also learn to spot environmental hazards. There will be a special appearance by our mascot, Radar the Dog.

B11-P BUGS – The ones you can't see! (20) Let's Talk Science – SFU

Bacteria and viruses are all around us. Learn how they can infect you and the proper handwashing techniques to stop them in their tracks. Then...make a bacteria pillow!

B13-P Earth Day Cookies Gr. 1 & 2 ONLY (15) Ms. Tazumi & Mrs. Graham

Decorate yummy cookies to resemble the earth and then place endangered animals on top!

B18-P We Speak for the Trees – The Lorax (15) Mrs. Bastone & Mrs. Kaga

Lorax craftivities that remind us : "Unless someone like you cares a whole awful lot nothing is going to get better. It's not"

B19-P Glass Painting (12) Jean Yuen

Use special glass paint to decorate a glass container to turn it into something extra special.

*****Wear an old shirt or smock, and please bring a pencil*****

B27-O Assistance Dogs in your Community (30) Pacific Assistance Dogs (PADS)

You will be introduced to the world of Pacific Assistance Dogs. We will give an overview of our organization, its service to physically challenged people, and how we train our dogs from puppies and advanced kennel dogs to full service dogs. Come learn about this organization and meet some hard working dogs.

B28-P Introduction to Cricket (15) Anil Khanna

In this workshop you will learn the basics of this exciting and international sport. Skills such as batting, bowling and fielding will be taught along with other training and drills. Students will have the opportunity to use these skills in a fun game.

*****Gym attire is recommended. This workshop takes place outdoors rain or shine*****

B29-P Sew a Beautiful Sachet Gr. 2& 3 Only (8) Nashifa Rashid & Michelle Sherwood

Learn basic sewing skills and apply them to making a beautiful scented sachet - perfect for a gift or to keep for yourself! Open to boys and girls.

B30-P Spa Science (16) Lynne Vidler, Brian Vidler & Anne Deliyannides

Explore the real chemistry behind your favorite beauty products and whip up a few things to take home! You will learn to use natural ingredients to make cool concoctions to use as gifts or to keep for yourself!

B31-P Planting Pirate Pandas (18) City of Burnaby - Eco Sculpture Department

Help build a Pirate Panda Parade Float! The City of Burnaby's Eco-Sculpture Program is working with Seaforth School to make a "Pirate Panda" parade float. The float will use recyclable objects and materials and will appear in community parades throughout the year. Students will help plant the Panda Eco-Sculptures and create environmental messages-in-a-bottle that will be attached to the float.

*****Come dressed for a short walk to the nursery behind the school "rain or shine"*****

B33-P Poultry in Motion (60) BC Chicken Growers Association

Come learn about the life cycle of chickens and visit a mini barn with days old baby chicks as well as full grown chickens. Watch a short film to learn even more and do some fun activities as well.

*****Please bring a pencil/pen and coloring supplies*****

B36-P Japanese Karate (20) Sensei Curtis Gerlinger & Burnaby Mountain Karate

Learn the fundamentals of Japanese Karate. You will also get the chance to use these ancient techniques to defend yourself in a mock battle against a real Black Belt. Good Luck and have FUN!

*****Gym attire is recommended*****

Session C: 1:00 - 2:00pm

C1-O Collaborative Woven Sail for Parade Float (18)

Catherine Dumaine

You will learn the basics of weaving, and use your new skills to help weave a sail for a shipwreck which will be featured on a float created in partnership with the City of Burnaby. Strips of fabric will be woven into a frame loom to create this piece. Students will also be invited to write an environmental message on their fabric.

*****Please bring a pencil/pen and coloring supplies*****

C3-O Repurposing Containers as Planters (20)

GardenWorks, Burnaby

Wondering what to do with that old yogurt container, or margarine tub? Got an old box or shoe lying around? Bring in something that you would normally dispose of and give it a new life...as a planter! Almost any container will do. Please limit the size to that of an ice cream tub.

*****Please bring a pencil*****

C5-P Bird Bonanza (7)

Burnaby Mountain High School Environment Club

(Adalia Yang & Amna Liaqat)

We will teach you about birds and their habitats. Then you will build a bird feeder out of a recycled container, and paint and decorate it.

*****Please bring a clean empty Milk Carton, 2L Pop Bottle, or Water Bottle*****

C11-P BUGS - The ones you can't see! (20)

Let's Talk Science - SFU

Bacteria and viruses are all around us. Learn how they can infect you and the proper handwashing techniques to stop them in their tracks. Then...make a bacteria pillow!

C13-P Earth Day Cookies **Gr. 1 & 2 ONLY (15)**

Ms. Tazumi & Mrs. Graham

Decorate yummy cookies to resemble the earth and then place endangered animals on top!

C14-P Environmental Pictionary (20) Mrs. Glavas, Mrs. Hanson & Mrs. Robson

Do you like to draw? Do you like to play games? Join our session for an environmentally themed version of the popular game Pictionary!

C15-P Make your own Ice Cream (10) Gina Leong

Most supermarket ice creams are made with chemicals and preservatives that are not good for you. In this workshop you will learn how to make your own homemade ice cream with just a few simple healthy ingredients.

C20-O Scrapbooking (18) Birdie Chan

Come and make a Summer Scrapbook perfect for your summer pictures. We will decorate the scrapbook with cute embellishments and use really cute summer themed paper. It is not necessary to bring pictures to this workshop.

*****Please bring Scissors & Glue*****

C27-O Assistance Dogs in your Community (30) Pacific Assistance Dogs (PADS)

You will be introduced to the world of Pacific Assistance Dogs. We will give an overview of our organization, its service to physically challenged people, and how we train our dogs from puppies and advanced kennel dogs to full service dogs. Come learn about this organization and meet some hard working dogs.

C28-P Introduction to Cricket (15) Anil Khanna

In this workshop you will learn the basics of this exciting and international sport. Skills such as batting, bowling and fielding will be taught along with other training and drills. Students will have the opportunity to use these skills in a fun game.

*****Gym attire is recommended. This workshop takes place outdoors Rain or Shine*****

C29-P Sew a Beautiful Sachet Gr. 2 & 3 Only (8) Nashifa Rashid & Michelle Sherwood

Learn basic sewing skills and apply them to making a beautiful scented sachet - perfect for a gift or to keep for yourself! Open to boys and girls.

C30-P Spa Science (16)

Lynne Vidler, Brian Vidler & Anne Deliyannides

Explore the real chemistry behind your favorite beauty products and whip up a few things to take home! You will learn to use natural ingredients to make cool concoctions to use as gifts or to keep for yourself!

C31-P Planting Pirate Pandas (18)

City of Burnaby – Eco Sculpture Department

Help build a Pirate Panda Parade Float! The City of Burnaby's Eco-Sculpture Program is working with Seaforth School to make a "Pirate Panda" parade float. The float will use recyclable objects and materials and will appear in community parades throughout the year. Students will help plant the Panda Eco-Sculptures and create environmental messages-in-a-bottle that will be attached to the float.

*****Come dressed for a short walk to the nursery behind the school "rain or shine"*****

C35-O 'Caps Kick Smart Program (100)

Vancouver White Caps

The 'Caps Kick Smart Program is a demonstration of key soccer skills as well as tips for a healthy lifestyle. The program is run by Vancouver White Caps coaches and players. All students will receive a juice box, lunch bag and small guide including soccer drills and healthy lifestyle tips.

*****Gym attire is recommended*****

C37-P Salmon Release Forest Walk (25)

Mlle Gayton

Can you join Mlle Gayton in her nature walk up to Eagle Creek where we will release 53 Chum salmonids into the wild? Before we go however, we will talk about proper Creek etiquette and other important Salmon information.

*****Please come dressed for a walk to Eagle Creek (just behind Charles Rummel Park), we will go "rain or shine"*****

C39-P Energy is Awesome (50)

FORTIS BC

In this workshop you will learn about Awesome Energy - Natural Gas. In this interactive, hands-on workshop, a Fortis BC representative will explain what natural gas is, where it comes from, how it is used, how to be safe around it and how to conserve it. We will also talk about alternative sources of energy, show some great videos and provide an opportunity to ask questions. Small prizes will be given out to all attendees. For the most attentive listeners, there will be an opportunity to win special prizes.